



Mental Health Transformation Grant

My Health, My Choice, My Life Program Tennessee Department of Mental Health

Local Service Area: Statewide

Primary Service Focus: Prevention/Early Intervention

Project Director: Sue Karber

Project Team Members: Katie Lee, Kathryn Bowen, Dan Armatis, Jennifer Jones, Meagan Hinds, Stephanie Pierce

CMHS Project Officer: David Morrisette

Evidence-Based Practice(s): Chronic Disease Self-Management Program/Peer Wellness Coaching

Project Description: *My Health, My Choice, My Life* engages in a transformative use of the statewide infrastructure of Peer Support and Recovery Centers and Certified Peer Specialists by integrating a peer-led health, wellness, and chronic disease prevention and self-management program (based on the Stanford Chronic Disease Self-Management model) for adult consumers with mental illness, substance use, and co-occurring disorders. This project: (1) leverages Tennessee's successful Peer Support and Recovery Center network to deliver peer-led, community-based holistic wellness services to the focus population, (2) empowers each target participant with skills, knowledge, and support to pro-actively improve their whole health as an essential ingredient of their recovery process and (3) ensures that each consumer participant is connected to a primary health care home. Project goals are achieved through multi-faceted activities including hiring of seven Regional Peer Wellness Coaches; having Peer Specialists integrate health and wellness into the recovery process; and collaborating with primary health care sites. Tennessee anticipates serving 960 clients by the end of the five-year grant.